

The Krysten Ritter Workout Routine



Bonus PDF File
By: Mike Romaine



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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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The Krysten Ritter Workout Routine

Training Volume:

3-5 days per week

Explanation:

Ritter loves boxing. I'm going to give you 2 days worth of boxing programming given to us by [Coach Derek](#), and then 3 days of weight training as well.

Day One: Hit The Weights

Warm Up:

Stretch

10 min varied cardio

Workout:

Dumbbell Bench Press

3×10

Tricep Kickbacks

3×10

Superset:

3×10

Tricep Cable Push Downs

Tricep Cable Overhead Extensions

Superset 2:

3×10

Incline Bench Press

Push Ups

Superset 3:

3×10

Chest Flys

Dips

Day Two: Boxing by Coach Derek

Neck Strengthening:

Moon Knight is known to rather take a punch than block or slip it, while we dont condone that here at SHJ here are some drills to strengthen your neck to build punch resistance

Neck Bridges 3 X15

Shrugs to Failure:

Put a weight ranging from 2- 10 lbs in a Pillowcase

Clinch the Pillowcase in your teeth , nod “Yes” for 50 reps and turn your head as if to say ” no” for 50 reps

Add Bonus Shadow box or Hit Heavy Bag with Tennis ball Under your chin to practice keeping your chin down

Boxing is about movement first, position second.

Always land or push off using the balls of your feet.

It’s not about being on the balls of your feet all the time, it’s about USING the balls of your feet all the time.

(When moving Right Push off left foot, when moving Left push off the right, Grip the ground with your toes)

Boxing and other combat sports are all about strategically using:

Timing

Rhythm

Distance /Angles

KEEP YOUR HANDS UP !!

Striking Table :

1. Jab

2. Cross (Power)

3. Hook (with lead or rear)

4. Uppercut

5. Left Upper Cut

6. Right Uppercut

Defense Table:

Slip, (Right or Left, Used for straight punches Jab & Cross)

Fade (Used for straights, uppercuts)

Bob n weave, Right or Left (Used for hooks)

Foot Work Table:

Enter

Exit

Shuffle

Pivot

Shadow boxing Table :

Incorporate strikes, defense, combinations and movement,

Heavy bag Table:

Pay attention to positioning, distance, as well as adjusting to the resistance of the bag

The Workouts:

Always incorporate 5-30 Minutes of Jump Rope for a warm up

On Bag or Shadowboxing for allotted time combine all elements of above tables. Use your body movement to position the set up of which strike to throw. Keep your hands up, move around ,and most importantly , remember to breathe. Be creative and have fun!!

Example:

1 – Slip Left-3-2-Slip R

1-Slip Left-Slip Right-2-slip R

1-2 Slip right-2

2-1-2 Slip Right Bob N weave Left

3- slip left-slip right -6-3-2

1-2-Slip Right -Slip Left 5-2 -Slip R

1-2-1-2 Fade-2-3

3- Bob N Weave Left 3-2

1-2-Bob N weave R -2

2-3-2-Slip Left -Bob N weave Right 2-3

Focus Mitts with Partner:

1. Verbal call-out
 - Call out *JAB!* and flash them the mitt, or call out *DOUBLE-JAB!,CROSS!

1. Auto-response
 - don't say anything, simply flash them the mitt and they are supposed to hit it as soon as possible.
 - You can flash one mitt and then as soon as they hit it, you flash them the other mitt.
1. Defense then counter
 - You call out a defense maneuver then give him the counter-jab opportunity. (EX: call out *SLIP, THEN JAB*, *SLIP & JAB TO THE BODY*
 - There can also be moments where you throw a punch at them without calling it out. Make sure they are ready to defend at all times.
 - Then throw a punch at them and immediately afterwards flash them a counter-jab opportunity.
1. Everything together now (verbal, auto, and defense)
 - You call out *JAB!*, then throw a counter at them after they punch, then quickly flash them a counter-jab opportunity.
 - You call out a jab to the head or body, then give them another jab opportunity, then throw a counter at him at the end to test their defense.
1. Combination punching drills (TECHNIQUE & POWER)

This is where beginners start to have fun but can get a little careless. The most important thing is to stay ready and relaxed at all times. Practice good punching technique . Power comes from relaxed effortless release, not because you shove all your might through every punch. Also important to snap your punches, instead of pushing them through.

When calling out combinations, call out numbers since it's faster than yelling, "JAB, RIGHT CROSS, LEFT HOOK, RIGHT CROSS!"

Day Three: Hit The Weights

Warm Up:

Stretch

10 min varied cardio

Workout:

Deadlift

3×10

Preacher Curls

3×10

Superset:

3×10

Lateral Pulldowns

Push ups

Superset 2:

3×10

Bent Over Dumbbell Rows

Pull Ups

Superset 3:

3×10

Bicep Curl Step Ups

Cable Rows

Day Four: Boxing by Coach Derek

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Day Five: Hit The Weights

Warm Up:

Stretch

10 min varied cardio

Workout:

Back Squats

3×10

Military Press

3×10

Superset:

3×10

Leg Press

Arnold Press

Superset 2:

3×10

Clean and Press

Pistol Squats

Superset 3:

3×10

Weighted Lunges

One Arm Dumbbell Snatches